

## **ABSTRACT**

**Title of the abstract:** Common mental disorders (CMD) in women attending outpatient clinic of an urban low cost unit - A cross-sectional study on prevalence, profile and associated factors

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**Objectives:** To determine the prevalence of common mental disorders amongst women attending the out-patient services in a secondary care hospital, to study their profile and to determine any associations.

**Methods:** Consecutive, consenting women (N=172) satisfying the inclusion and exclusion criteria and attending the out-patient services in the secondary care general medical setting was evaluated for presence of common mental disorders. Their profiles were studied and associations were determined. The tools used were, the CIS-R, sexual history questionnaire and a specially designed proforma. The people with CMD were classified according to ICD-10 diagnosis. Chi square test and independent T – test were used to compare the factors associated with CMD depending on variable type and logistic regression was done to look for adjusted effects of factors.

**Results:** A prevalence of 44.78% (37.26 - 57.27%) with a confidence interval of 95% was determined. Significant associations with common mental disorders on the basis of univariate analysis was found in the domains of socio demographic variables, variables related to family structure and health (physical and psychological), sexual factors and factors related to abuse. Factors in all the aforesaid domains except abuse were found to be significant in multivariate analysis. The study urges an assessment and understanding of psychosocial factors contributing to common mental disorders, in the management of women attending primary and secondary care medical setting.

**Key Words** – common mental disorder, women, urban, poor